

PACIFIC NORTHWEST LONG COURSE 14&U CHAMPIONSHIPS

AUGUST 2-4, 2019

QUALIFYING PERIOD APRIL 1, 2018 – July 24, 2019

G14	G13	G12	G11	G10	LCM	B10	B11	B12	B13	B14
:29.59	:29.99	:31.09	:32.89	:35.19	50 Free	:35.39	:32.99	:30.79	:28.69	:27.39
1:04.09	1:05.49	1:08.39	1:12.79	1:18.29	100 Free	1:19.29	1:13.29	1:07.69	1:02.49	:59.79
2:19.69	2:23.89	2:31.59	2:41.29	2:53.19	200 Free	2:56.19	2:42.09	2:28.69	2:17.99	2:11.19
4:57.09	5:05.79	5:23.19	5:39.29	5:57.39	400 Free	5:53.59	5:45.19	5:19.09	4:54.09	4:42.39
20:19.29	21:24.59	22:47.49			1500 Free	22:45.89			20:42.39	19:25.39
		:36.49	:38.79	:41.49	50 Back	:42.19	:39.39	:36.59		
1:13.09	1:15.49	1:18.59	1:25.09	1:30.49	100 Back	1:32.09	1:24.99	1:19.19	1:13.09	1:09.29
2:38.09	2:42.39	2:50.09	3:03.09		200 Back		3:08.49	2:50.69	2:38.19	2:29.79
		:41.09	:43.99	:47.79	50 Breast	:49.09	:45.09	:40.89		
1:23.79	1:26.29	1:29.59	1:35.59	1:43.79	100 Breast	1:45.89	1:38.79	1:29.79	1:21.99	1:17.09
3:00.89	3:06.99	3:13.89	3:27.19		200 Breast		3:41.99	3:13.69	2:57.99	2:48.99
		:34.09	:36.69	:39.89	50 Fly	:40.49	:36.99	:33.99		
1:10.89	1:13.29	1:18.79	1:26.79	1:35.29	100 Fly	1:39.19	1:26.79	1:17.99	1:10.59	1:06.19
2:41.49	2:50.29	3:10.69			200 Fly		3:16.69		2:46.79	2:31.59
2:37.29	2:42.39	2:49.59	2:59.89	3:16.09	200 IM	3:18.29	3:00.89	2:46.79	2:34.69	2:27.29
5:37.49	5:53.79	6:05.19			400 IM		6:07.09		5:35.89	5:18.99
				2:50.69	200 FRR	2:43.59				
4:29.09		4:52.09			400 FRR		5:02.19		4:18.89	
				3:00.09	200 MR	3:05.89				
4:56.49		5:35.89			400 MR		5:42.39		4:52.19	
G14	G13	G12	G11	G10	SCY	B10	B11	B12	B13	B14
:25.59	:26.69	:27.99	:29.29	:32.09	50 Free	:32.09	:29.59	:27.69	:25.69	:24.29
:55.69	:58.19	1:01.09	1:03.89	1:11.79	100 Free	1:11.79	1:06.09	1:00.79	:55.79	:52.69
2:01.69	2:06.99	2:13.59	2:20.09	2:43.69	200 Free	2:42.79	2:25.39	2:13.09	2:02.69	1:55.99
5:31.99	5:42.39	6:07.49	6:16.29	7:46.09	400 Free	7:21.69	6:26.69	6:05.69	5:37.49	5:21.79
20:07.69	20:50.99	22:25.89			1500 Free	22:57.19			20:44.49	20:03.19
		:32.39	:33.79	:37.19	50 Back	:38.09	:35.79	:32.29		
1:03.29	1:05.19	1:09.49	1:13.19	1:23.59	100 Back	1:24.29	1:16.69	1:09.49	1:02.49	:59.39
2:16.99	2:19.79	2:31.29	2:42.09		200 Back		2:51.59	2:30.69	2:19.69	2:10.19
		:36.69	:38.39	:43.39	50 Breast	:43.69	:40.09	:36.49		
1:12.19	1:13.59	1:19.49	1:23.99	1:34.19	100 Breast	1:36.89	1:26.89	1:18.99	1:12.09	1:09.29
2:36.39	2:41.79	2:50.99	3:08.29		200 Breast		3:15.09	2:51.69	2:36.19	2:30.59
		:30.59	:31.79	:35.99	50 Fly	:36.59	:33.19	:30.49		
1:02.69	1:05.29	1:09.89	1:13.89	1:29.69	100 Fly	1:29.79	1:19.29	1:09.49	1:02.59	:59.89
2:24.29	2:28.49	2:40.69			200 Fly		2:41.59		2:27.69	2:17.99
2:17.89	2:22.09	2:30.79	2:39.69	3:03.49	200 IM	3:09.29	2:44.49	2:29.49	2:19.09	2:10.19
4:59.99	5:00.69	5:24.59			400 IM		5:27.49		5:02.69	4:42.19
				2:14.29	200 FRR	2:16.19				
3:51.89		4:13.09			400 FRR		4:14.49		3:42.39	
				2:31.99	200 MR	2:34.39				
4:18.09		4:43.89			400 MR		4:44.59		4:06.39	
G14	G13	G12	G11	G10	SCM	B10	B11	B12	B13	B14
:28.59	:28.99	:30.59	:32.39	:34.69	50 Free	:34.39	:31.99	:29.79	:27.69	:26.39
1:02.09	1:03.49	1:06.39	1:10.79	1:16.29	100 Free	1:17.29	:11.29	1:05.69	1:00.49	:57.79
2:15.69	2:19.89	2:27.59	2:37.29	2:49.19	200 Free	2:52.19	2:38.09	2:24.69	2:13.99	2:07.19
4:49.09	4:57.79	5:15.39	5:31.29	6:20.99	400 Free	6:35.69	5:37.19	5:11.09	4:46.09	4:34.39
19:49.29	20:57.59	22:17.49			1500 Free	22:15.89			20:12.39	18:55.39
		:35.49	:37.79	:40.49	50 Back	:41.19	:38.39	:35.59		
1:11.09	1:13.49	1:16.59	1:23.09	1:28.49	100 Back	1:30.09	1:22.99	1:17.19	1:11.09	1:07.29
2:34.09	2:38.39	2:46.09	2:59.09		200 Back		3:04.49	2:46.69	2:34.19	2:25.79
		:40.09	:42.99	:46.79	50 Breast	:48.09	:44.09	:39.89		
1:21.79	1:24.29	1:27.59	1:33.59	1:41.79	100 Breast	1:43.89	1:36.79	1:27.79	1:19.99	1:15.09
2:56.89	3:02.99	3:09.89	3:23.19		200 Breast		3:37.99	3:09.69	2:53.99	2:44.99
		:33.09	:35.69	:38.89	50 Fly	:39.49	:35.99	:32.99		
1:08.89	:11.29	1:16.79	1:24.79	1:33.29	100 Fly	1:37.19	1:24.79	1:15.99	1:08.59	1:04.19
2:37.49	2:46.29	3:06.69			200 Fly			3:12.69	2:42.79	2:27.59
2:33.29	2:38.39	2:45.59	3:12.09	3:12.09	200 IM	3:14.29	2:56.89	2:42.79	2:30.69	2:23.29
5:29.49	5:45.79	5:57.19			400 IM			5:59.09	5:28.89	5:10.89
				2:46.69	200 FRR	2:39.59				
4:21.09		4:48.09			400 FRR		4:56.19		4:10.89	
				2:56.09	200 MR	3:01.89				
4:48.49		5:27.89			400 MR		5:34.39		4:44.19	